

101 Ways To Wellness

Keep a positive attitude

- ◆ Control your stress ◆ Stay active
- ◆ Do self-exams ◆ Stop smoking now
- Soothe your fears ◆ Challenge your mind
- ◆ Get a massage ◆ Budget time and money ◆ Forgive and forget
- ◆ Walk miles each week ◆ Enjoy the outdoors ◆ Go bananas for fruits
- ◆ Value your veggies ◆ Avoid overload
- ◆ Exercise your mind, body and spirit ◆ Knock out bad fats
- ◆ Think happy thoughts ◆ Avoid dangerous drugs ◆ Eat a balanced diet
- ◆ Drink green tea or black ◆ Maintain lower blood pressure ◆ Slow down on sugar
- ◆ Learn to breathe deeply
- ◆ Rinse fresh fruits & veggies
- ◆ Practice cleanliness ◆ Take medicines as directed ◆ Count your calories
- ◆ Scale down your weight
- ◆ Walk briskly ◆ Curb cholesterol with oatmeal ◆ Keep up with checkups
- ◆ Give people more than they expect and do it cheerfully
- ◆ Talk slowly, but think quickly
- ◆ Cherish your values
- ◆ Be gentle with the earth
- ◆ Share your feelings with others *
- Meditate ◆ Appreciate life *
- ◆ Keep an open mind ◆ Protect your hearing – avoid loud noises
- ◆ Eat smart ◆ Warm up and stretch before exercising
- ◆ Buckle your seatbelt ◆ Use common sense
- ◆ Drink 8 glasses of water each day ◆ Take charge of your own money and life
- ◆ Don't drink and drive ◆ Eat fruits for dessert ◆ Learn to say no



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WOMEN'S HEALTH
ALABAMA DEPARTMENT
OF PUBLIC HEALTH



Get regular dental checks ♦ Take vitamin E ♦ Practice portion control ♦ Sit up straight ♦ Cut the caffeine ♦ Stretch out during the day ♦ Pray and give thanks ♦ Brush and floss often ♦ Stay fit for life ♦ Vary your routine ♦ Proclaim your greatness ♦ Laugh often ♦ Don't believe all you hear * When you lose, don't lose the lesson ♦ Mind your own business ♦ Take responsibility for your actions ♦ Never laugh at anyone else's dream ♦ Be skeptical of scams ♦ Don't neglect diabetes * Substitute the salt ♦ Cook and store food safely ♦ Organize your life ♦ Wear your helmet for biking and skating ♦ Shun the sun ♦ Look for new adventures ♦ Detox with antioxidants ♦ Get enough sleep ♦ Accept success ♦ Count your blessings * Keep a journal of happiness ♦ Work at relationships ♦ Cool down and stretch after exercising ♦ Manage anger wisely ♦ Keep up with health news ♦ Resolve conflicts peacefully ♦ Dress for the weather ♦ Respect your body ♦ Fuel up with fiber ♦ Reduce your risks ♦ Be tobacco-free ♦ Search for goodness ♦ Be adequately insured ♦ Learn Internet safety skills ♦ Avoid eyestrain ♦ Feel good – volunteer ♦ Ask questions of your doctor ♦ Weight-train for bone and muscle strength ♦ Share your feelings with others ♦ Celebrate life ♦ Love others ♦ Love yourself ♦ Be peaceful

